



DAVIS COUNTY HEALTH DEPARTMENT

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For Immediate Release:
Friday, January 30, 2015
DCHD NR 2015-002

News Release

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Living Well With Chronic Conditions Workshop Taught In Spanish

(Clearfield, Utah) – Davis County Health Department's Senior Services offers the evidence-based *Living Well with Chronic Conditions* workshop in Spanish. The 6-week workshop teaches attendees new skills to manage ongoing health conditions such as asthma, arthritis, diabetes, high blood pressure, high cholesterol, COPD or emphysema, or depression. Participants will learn how to take back their life and control their health again. Friends and family are welcome to attend.

Topics covered during the weekly two-hour classes include:

- Managing symptoms like pain and fatigue
- Using medication as directed
- Working with their health care team
- Setting weekly goals
- Problem-solving effectively
- Relaxing and handling difficult emotions

This Spanish language workshop starts Thursday, Feb. 12, 5:30-7:30 p.m., at the Davis County Health Department's second floor classroom, 22 South State Street, Clearfield.

For more information or to register for a workshop, call Sonia Siguenza at 801-525-5066. Registration is required.

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www.youtube.com/daviscountyhealth, or www.twitter.com/DavisCountyHlth